

APPROVED: 1/10/24 Wellness Committee Meeting Minutes

Meeting Date: 1/10/24 at 8:00am, District Office

Attendance:

Present: Kristen Dainty, Matthew Flusser, Walter Gulick, Kelly Jackman, Kurt Jesman, Marie Johnson, John Lumia, Michael McFarland, Gina Nicolari, Courtney Novick, James Spencer, Terrence Thompson

Absent: Andrea Cucci

Motion to begin: 8:02am - Mr. Flusser, Mrs. Johnson (1st; 2nd; all in favor)

Meeting Minutes: 11/13/23 minutes approved. (Mrs. Johnson, Mr. Thompson (1st; 2nd; all in favor)

General Discussion:

Mrs. Johnson: Activities questions in both surveys - Physical Education aspect. Meeting the emotional needs question & responses quite surprised.

Mr. Thompson: Safety in school exposure to social media. Mental health - use that as a method. Age exposure is getting a younger appearance and placing a school structure - coming off of breaks potential 5-12, 5-8, 7-12 different questions. Parent Resources - availability in survey. Anxiety is always there - even just a weekend - anticipation varies - earlier feedback and education.

Ms. Nicolari - look at earlier age to affect change - physical is important.

Mr. Jesman: Subbing at HS - all kids have chromebooks - survey in health class - do during Physical Education classes - utilize carts - Principal/Administrator coordination. No self motivation - done during class.

Mr. Lumia: 15 minutes class designated.

Ms. Jackman: Is there a wellness committee at each building?

Ms. Nicolari: Can't be told to do it. Get on a building principal agenda to impress the district wide wellness committee is important. Building engaged vs not engaged – more collaborative to work together - share info work together.

Ms. Jackman: Teach health and healthy activities - offer guidance from district level to building level - help to identify and enhance the work “like to see in school” anti bullying assemblies.

Food court idea at HS level - staffing, infrastructure, compliance. 1960's serving line notion no longer works. New ideas are getting a following (i.e. Chinese) chicken slider and potato side.

Ms Jackman: cost of meals - don't realize ala carte items - school bucks - how to review and educate parents.

Brinckerhoff table to share food. A lot of waste - honor system - department of health - way to work together.

Ms. Nicolari - Plenty who need it at school because not at home.

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SURVEY SUGGESTIONS:

Middle School & High School - what works - question on student survey - what is helping you?
Feed it down to lower grade levels & possibly reach more students.

Student & Parents: late runs – 4 days/week - 24-25 budget

Special Education clubs - more clubs?

What wellness activities do parents want offered? Bowling, basketball, soccer - Modified, Unified, Volunteer opportunities as well.

Junior High School Clubs - special interest - paid advisorship - 24-25 budget

Curtail questions about cafeteria - more focused. Foods more popular - tweak questions - don't focus on food. Mr. Flusser: We know what students like.

Motion to adjourn: 8:54am - Mrs. Johnson, Ms. Nicolari (1st; 2nd; all in favor)